



Basic Cycling Checklist

Fundamental items and reminders suitable to get anyone started in any type of cycling.

The Two Essentials

- Bike
- Helmet

Core Gear

- Water (hydration pack; bottle with cage)
- Snacks/energy food
- Sunscreen
- First-aid kit (see our [First-Aid Checklist](#))
- Eye protection (sunglasses, clear lenses)
- Medical info/emergency contact card

Core Bike Repair Items

- Spare tube or tubes (and/or patch kit)
- Pump
- Tire levers
- Cycling multi-tool with Allen wrenches

Comfort and Convenience

- Padded shorts or tights
- Wicking jersey or top
- Gloves
- Saddle (underseat) bag
- Patch kit (and/or spare tube or tubes)
- Lock
- Watch or cycling computer
- Cell phone
- Cash and/or credit card
- Map (if in unfamiliar area)

Some Personal Extras

- _____
- _____
- _____
- _____
- _____
- _____

Cycling Pre-ride Inspection

- Tire pressure and condition
- Brake check
- Front/rear wheel quick releases secured
- Bolt tightness throughout
- Seat and handlebar height
- Light check (if equipped)
- Lubrication check
- Reflectors in place